



LOWCOUNTRY  
SENIOR  
CENTER



**March 2015**

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***Lowcountry Senior Center at  
Bees Landing Recreation Center in West Ashley***

*The City of Charleston Recreation Department and Lowcountry Senior Center have teamed-up to bring senior center programming to West Ashley. Programs are offered at Bees Landing Recreation Center located at 1580 Ashley Gardens Boulevard, in the Grand Oaks subdivision. Register in person at Bees Landing or by calling (843) 402-4571. Please register for programs in advance.*

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**Partner Dancing**

Learn easy partner dances. This class teaches simple, fun dances. You do not need to have a partner to take this class! Please do not let the term "partner" stop you from taking this class by yourself. Carol Wiggins leads this entertaining, upbeat class. **Mondays, 1:30-2 pm.** Free.

**Line Dancing**

Dancing is good for your health! Line dancing involves learning a short series of choreographed steps that are repeated throughout the song. Everyone on the dance floor stands in lines and dances as a group. It's great exercise for your mind and body, plus it's just plain fun! Led by instructor Carol Wiggins. Join us on **Mondays, 12:30-1:30 p.m.** Free.

**Fitness Hooping**

Hula-hooping is a low intensity workout that helps to build core strength while increasing flexibility, balance and coordination. This class is so much fun, you won't even realize you are working out. Hula hoops are provided by instructor Carol Wiggins. **Mondays, 2-2:30 p.m.** Free.

**The Lunch Bunch**

Everyone meets at the restaurant and pays separately. Register by calling 402-4571.

- March 11, 1 pm, O' Charley's 2126 Henry Tecklenburg Drive.
- March 25, 1 pm, LaFontana, 1759 Savannah Hwy.

**Dining with Friends**

Great way to try different restaurants. Everyone meets at the restaurant and pays separately. March 19, 5:30 pm, Angel Oak, 3669 Savannah Hwy.

**Directions to Bees Landing**

**From Hwy 61 N/Glenn McConnell Pkwy:**  
Turn left onto Bees Ferry Road. At the second traffic light, turn right onto Grand Oaks Blvd. Turn left onto Ashley Gardens Blvd. At the traffic circle, take the first right to Bees Landing Recreation.

**From Ravenel, Hwy 17/Savannah Hwy:**  
Turn left on Bees Ferry Road. Drive approximately 8 miles and turn left onto Grand Oaks Blvd. Turn left onto Ashley Gardens Blvd. At the traffic circle, take the first right to Bees Landing Recreation.

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### **Getting Started with Culinary Herbs**

Are you curious about growing your own herbs, but feel unprepared or overwhelmed by the idea? Herbs are defined by inviting fragrances, noticeable beauty, tactile interest, and delightful tastes, so growing these plants is a sensory experience.

Like many other plants, most herbs thrive in the climate and soils of the South Carolina Lowcountry, but which ones are the easiest to grow? Which fundamental steps do you take when cultivating these plants in the garden or in containers? Then, what do you do with the herbs once you have them established and flourishing? How do you turn basil into pesto or mint into a julep?

To find out the answers to these questions join Yvette Richardson Guy, Dorchester County Master Gardener, on **Wednesday, March 11, 1—2 pm**. Please be sure to register in advance by calling (843) 402-4571

### **Knitting for Beginners**

Learn how to do simple and basic knitting techniques while creating a scarf. Led by Brenda Smith. A supply list is available at the Bees Landing front desk. **Thursdays, 11 am-12:30 pm**. Free.

### **AARP Driver Safety**

This AARP defensive driving classroom course on **Friday, March 20, 9 am-3:30 pm**. \$15 for members of AARP and \$20 for non-members. Cash or check only. Please make checks payable to AARP on the day of the class.

### **Fitness Classes**

*Spring is here and there's no better time to start a new exercise program. There are classes for all levels of fitness. Give it a try!*

**Enhance Fitness:** A low-intensity, non-impact exercise class which includes basic aerobic and toning exercises. **Mondays, Wednesdays, and Fridays 2:30-3:30 pm**. For more information, call Roper St. Francis Advantage 724-2489. Free.

**Sit & Fit:** Exercise in a chair. Recommended for those who are unsteady, use assistive devices to walk, lose balance during exercise, or had a recent fall. **Tuesdays and Thursdays, 10:30-11:30 am**. Free.

**Pilates:** Improve flexibility, build strength, and develop control and endurance in the whole body. Places emphasis on alignment, breathing, and improving coordination and balance. **Tuesdays, 6:30 pm**. \$5 per class.

**Zumba® Gold:** Exciting Latin and other dance rhythms designed for the active older adult, the beginner participant, and other special populations. Starting in January, Zumba Gold is offered on an additional day, Fridays! **Wednesdays and Fridays, 9:30 am**. \$5 per class. No cash accepted for payment. Checks or debit/credit cards only.

**Gentle Kripula Yoga:** Gentle yoga is designed to gently work the body to relax and increase flexibility and strength, as well as calming the mind and increasing the ability to focus. **Tuesdays and Thursdays, 9 am**. \$5 per class. No cash accepted for payment. Checks or debit/credit cards only.

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### **Movie Matinee**

Enjoy an afternoon watching a good movie with popcorn! Free.

- **Thursday, March 12, 2-4 pm**

**The Judge:** Starring Robert Downey Jr., and Robert Duvall. A big city lawyer returns to his hometown when his estranger father, the town's judge, is the only suspect in a fatal hit and run. (R)

- **Thursday, March 26, 2-4 pm**

**St. Vincent:** Starring Billy Murray and Melissa McCarthy. Forced to work long hours, a single mother has no choice but to leave her son in the care of their new neighbor, Vincent, a retired curmudgeon. (PG-13)

### **Mah Jongg**

Mah Jongg is a game of skill, strategy, and calculation and involves a degree of chance. This game is played all over the world! Not for beginners. Join us for this fun game on **Tuesdays, 1-3 pm.** Free

### **Bridge**

Enjoy a morning of playing bridge. Please call Barbara Halloran at (843) 402-9025 or (843) 367-0505 to make a reservation to play. **Wednesdays, 9:30 am-12 pm. and Fridays, 1-3 pm.** Free. Not for beginners.

### **Mailing List**

If you would like to receive this newsletter in the mail, please call Bees Landing at (843) 402-4571 and ask to have your name and address add to the mailing list.

### **The Aging Eye**

James F. Hill III O.D., F.A.A.O Angel Oak Eye Center will discuss the importance of routine eye care and many of the problems that affect your vision as you age. This will include conditions such as cataracts, macular degeneration, and glaucoma. **Tuesday, March 24, 10:30-11:30 am.** Free. Please pre-register at 402-4571

### **Learn to Play Mah Jongg**

Learn how to play Mah Jongg, a game of skill, strategy, and calculation with a degree of chance. **Tuesdays, 3:30-4:30 pm.** Free.

### **Pickleball**

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. Pickleball is becoming so popular that we are offering two days per week. **Mondays, 10:30 am-12:30 pm and Fridays, 9-11 am.** Free.

### **Book Club**

Attention Book Lovers!! Join our book club led by Sherryl James, with the Charleston County Public Library. Books available at West Ashley Branch, Charleston County Public Library. Limited number of copies available. Free.

- **Monday, March 2, 1-2:30 pm:** *Whistling Past the Graveyard*, by Susan Crandall
- **Monday, April 6, 1-2:30 pm:** *Fun House*, by Alison Bechdel